

Appl. No. 09/598,110  
Amdt. dated February 15, 2005  
Reply to Office action of 10/18/2004

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (cancelled)
2. (cancelled)
3. (cancelled)
4. (cancelled)
5. (cancelled)
6. (currently amended) A sport specific training and conditioning device for a sport using a handle implement having a grip portion, the device comprising a handle shaped like the grip portion of the implement, the handle having first and second ends, and a weight on the second end of the handle, the center of mass of the device being stationary and being less than about 13 inches from the first end of the handle, and wherein the device weighs more than the hand held implement used in the sport.
7. (cancelled)
8. (cancelled)
9. (cancelled)
10. (cancelled)

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11. (cancelled)
12. (cancelled)
13. (cancelled)
14. (cancelled)
15. (cancelled)
16. (cancelled)
17. (cancelled)